

# Eifel Times

Vol. 40, Issue 3

Spangdahlem Air Base, Germany

[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

June 2, 2006

## News Briefs

### RESCON down day

Monday is a RESCON down day for wing members. Congratulations for going 48 days straight without a DUI. Our current record is 82 days -- lets beat it! Sabers planning to attend Rock am Ring this weekend should have a plan and stick to it. If plans change, call the command post's toll-free number 1-800-GET-HOME (438-4663). -- Col. Dave Goldfein, commander

### Chief's going away party

A farewell party for Chief Master Sgt. Jimmy and Mrs. Katrina Kelly and family, takes place June 10 at Club Eifel. Social hour begins at 6 p.m., the dress is "casual attire" and the cost is \$10.95 per person. Deadline to purchase tickets is Tuesday through your squadron first sergeant.

### Wing CC's farewell gathering

A farewell party for Col. Dave and Mrs. Dawn Goldfein and family, takes place June 17 at Club Eifel. Social hour begins at 6 p.m., the dress is "smart casual" and the cost is \$11.95 per person. To reserve tickets, call your squadron first sergeant or group chief.

### Driving too fast wrecks rides

There were no DUIs the weeks of May 15-30 for Team Eifel members. Sabers were involved in 19 minor accidents in the last two weeks and seven major accidents. The minor accidents resulted from: wildlife, improper backing, inattentive driving, driving too fast for conditions, and one for other at fault. Four of the minor accidents occurred on B-50. Two major accidents occurred on A-60; two on A-48; one on Spangdahlem AB; one on A-6 near Vogelweh; another on L-46 between the A-1 circle and the A-60 turn. (Compiled by Amber P. Christiansen, 52nd Security Forces Squadron)

### Air park gate closure

The Spangdahlem AB air park gate, adjacent to building 215, is now closed from 6-8 a.m. and 4-6 p.m. The hours will resume in late September. Sabers must use the main gate for base entry and exit. For details, call Senior Master Sgt. Dennis Compton at 452-5088 or 452-6717.

### Summer hire application deadline

The 2006 Student Summer Hire program application deadline is June 9 at 4 p.m. Applications can be picked up at the Civilian Personnel Flight, building 151. The program runs from June 26 to Aug. 4 and positions include clerical workers and laborers. Student placement is based on age with the oldest placed first and 14 year olds placed last. For details, call Sandra Sharp at 452-7995.

### Marco! Polo!

Splashing around on off-duty time at the local watering hole.

Read "Eifel pools weather-proof summer fun" on Page 7.



### Homecoming

Tech. Sgt. Stephen Davis, 606th Air Control Squadron generator maintenance NCOIC, takes a moment to greet his daughter Brandi, right, while wife Kathy and daughters Alyse and Brittany wait for hugs. Sergeant Davis returned with the 606th ACS Air Expeditionary Force 9-10 May 21. View more deployment and redeployment photos from the 606th ACS on Page 4.

Photo by Staff Sgt. Corey Sharp

## USAFE kicks off 101 Critical Days of Summer

By Capt. Jennifer Lovett

U.S. Air Forces in Europe Public Affairs

**RAMSTEIN AIR BASE, Germany** -- U.S. Air Forces in Europe kicks off its annual 101 Critical Days of Summer campaign May 27 with two distinct goals -- zero fatalities and a 25-percent reduction in specific mishaps.

During the past seven summers, USAFE has experienced 12 fatalities in 11 mishaps, and all of those mishaps involved privately owned vehicles.

"Commanders are directed to hold a commander's safety call to convey their personal concerns for the safety of their unit personnel," according to the USAFE Safety Office. "They should emphasize impaired or fatigued driving, excessive speed for the present conditions, vehicle restraints and pretrip planning."

During the 2005 101 Critical Days campaign, the Air Force experienced 29 fatalities compared with 32 the previous year.

"As in past years, motor vehicle fatalities accounted for most of the Air Force losses --18 to private motor vehicle mishaps," according to the Air Force Safety Center at Kirtland Air Force Base, N.M. "Some of the factors in these mishaps included speeding, not using seat belts or helmets, and alcohol."

The second USAFE goal for the 101 Critical Days is a 25-percent mishap reduction in POV, sports and recreation and industrial accidents.

According to the USAFE Safety Office, sports and recreation mishaps represented the highest nonfatal summer mishap category for USAFE in 2005 followed by industrial work-related mishaps. Although PMV mishaps represent comparatively low incident numbers, it remains the most significant category due to the number of fatalities.

The "Critical Days" campaign began in the early 1970s as a way to reduce the large number of Air Force off-duty fatalities in the summer months.

"Historically, this is a period of high risk because people are doing more," said Herm Dean, chief of ground safety operations at the Air Force Safety Center in a 2003 interview. "People are outside traveling, swimming, camping -- doing the things they've wanted to do all winter."

Mr. Dean suggests using a simple three-step process -- A-C-T -- to help prevent mishaps.

"Assess the risk, consider your options, take appropriate

## Summertime safety

### Cell phones, driving

- Never talk on a cell phone while driving; it is illegal in Germany;
- Use a hands-free device;
- Suspend conversations during bumper-to-bumper traffic and hazardous driving conditions.

### Hyponatremia (salt deficiency)

Each time an athlete sweats, they lose water and salt. If the salt is not replenished with a sodium-enriched snack or sports drink, the athlete runs a risk of hyponatremia. Symptoms include nausea, muscle cramps, disorientation, slurred speech, confusion and inappropriate behavior. If the condition is not treated, it could progress to seizures, coma or death.

To prevent hyponatremia, remember to hydrate an hour before working out or engaging in sports, and hydrate frequently while active. Sodium-rich foods include pretzels, saltines and wheat crackers.

### Ticks

Ticks prefer to inhabit long grass, fields, wooded areas, weeds and brush, and attach themselves to small pets and people.

### Alcohol, energy drinks

Mixing alcohol with energy drinks can make for a life-threatening cocktail. Each of the drinks was designed to produce a very different effect. Alcohol is a depressant and impairs judgment, while energy drinks are designed to improve reaction time and performance.

(Information courtesy of Air Force Print News Service)

action," Mr. Dean said. "It's easy, like crossing the street. You would never cross without looking left and right first."

The 101 Critical Days began May 26, Memorial Day weekend, and continues through Sept. 5, after Labor Day weekend.

# RESCON

## ALPHA

0 DUIs in the Last 30 Days

Days since last DUI: 48

Large unit with best record: 52nd Communications Squadron, 498 days  
Small units with best record: 52nd Medical Support Squadron,  
52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

**When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.**





## Ensuring Freedom's Future

"History does not long entrust the care of freedom to the weak or the timid."

-- Dwight D. Eisenhower

USAFE has been entrusted with an incredible responsibility -- to defend freedom and democracy. We've performed this mission flawlessly for more than 60 years and continue to rise to the occasion. Successful transformation, fostering theater security cooperation, and winning the Global War on Terrorism remain our current challenges and are essential to freedom's future.

Our job is to deliver full-spectrum options to our Combatant Commander. To do this, we must transition from a Cold War defensive posture to an expeditionary force that promotes theater-wide security and stability. Through both transformation and engage-

ment, USAFE strives to build and strengthen existing partnerships with Eastern European and African nations. We seek to improve and bolster the security capabilities of those regions -- working side-by-side with air forces from every nation within our AOR to establish friendship and trust.

NATO is also transitioning from a common defense force to a security-focused organization and USAFE moves lock-step with it to ensure we have the collective capability to counter emerging threats. In cyberspace, we're tying together more communication nodes to give U.S. and NATO commanders real-time command and control. We also fly and train with new NATO partners from Romania and Bulgaria. Our NATO Response Force (NRF) commitments will require this interdependence. Together, we maximize our individual strengths to achieve common goals.

Our team's commitment to excellence knows no boundaries. Our medical personnel move our sick and injured from the front lines to safety at record-breaking speed. Our Airmen enable and teach the new Iraqi Air Force. We assist with humanitarian operations in Africa by transporting Rwandan troops to the troubled Darfur region of Sudan. We are "Freedom's Guardians," and work to ensure a free way of life for people all over the globe.

"Ensuring Freedom's Future" is more than a catchphrase. It captures everything we do for our country, our allies, and partner nations. Enabling robust security and stability in areas of volatility within the global community has never been more important. Through proactive engagement, we'll be visible and flexible in order to prevent, deter, and contain emerging threats. Just as Eisenhower's words challenge, we are up to the task. Our investment today sets the stage for tomorrow's victory.

# Base legal warns drug use by base civilians punishable offense

By Charles MacDonald  
52nd Fighter Wing Staff Judge Advocate Office

Despite rumors to the contrary, all civilian family members and base employees who use drugs are subject to administrative sanctions available to base authorities, even if such "soft" drugs are legal in the Netherlands.

Civilians considering purchasing, using, selling or transporting drugs, such as marijuana, while in the Netherlands can be punished for those actions because of their association with the base.

## Possible punishment

Administrative sanctions can include, but are not limited to, dependent misconduct hearings, loss of privileges, community service and restriction to or being barred from base. Additionally, civilian employees are subject to disciplinary action and could lose their jobs or security clearance if they have one.

The sanctions for dependents and civilian employees apply even if the use of "soft" drugs is legal in the country where the drugs were consumed. While use of soft drugs, such as mari-

juana or hallucinogenic mushrooms, may not be against the law in the Netherlands, people associated with the base, such as a military members, family members or civilian employees, may face punishment for using them. This is regardless of citizenship, where the user was located when they took the drugs or whether or not the users were sober when they returned to the base.

## German drug laws

Use or possession of both soft and hard drugs is illegal in Germany and subjects the drug abuser to German criminal penalties, as well as administrative actions available to the Air Force.

Both non-appropriated fund and civil service employees who use or are found in possession of illegal drugs are subject to disciplinary action. Possession and/or use of illegal drugs are offenses specifically identified in both the non-appropriated fund and civil service disciplinary action table of penalties. Discipline can include removal from employment in accordance with the U.S. government's "zero tolerance" policy on employee use of illegal drugs.

## Base policy

Spangdahlem Air Base Instruction 51-1001 covers sanctions available to the commander to deal with dependent misconduct. For civilian NAF employees, Air Force Manual 34-310 states that first-time use or possession of any drug can result in a penalty of reprimand to removal from employment. Base officials have removed a number of NAF employees for drug involvement, and many of those cases started in the Netherlands. For civilian appropriated fund employees, AFI 36-704 calls for a penalty of reprimand or removal from employment of a civilian employee who possesses or uses illegal drugs.

In general, commanders may do anything not prohibited by law, regulation or AFI, to protect the installation. The possible introduction or use of drugs on a military installation is something that commanders are allowed, if not required, to combat. SABI 51-1001 lists things commanders can do to deal with civilian drug abuse on an installation.

# Smart Card Logon begins July 31

## Wing members need ID, PIN to access computers

By Senior Airmam Pei-Chieh Buster  
52nd Fighter Wing  
Information Assurance Awareness Manager

Beginning July 31, Sabers are required to have a personal identification number for their Common Access Card to log on to their government computers. For wing members, this means they will no longer need to type in a username and password to log on to military networks, rather, they will use a Smart Card Logon.

The SCL is designed to combat network tampering. Under the current computer security program, it is possible for saboteurs, terrorists and hackers to compromise the network integrity, putting critical information systems at risk.

To log on to select Department of Defense Web sites or use SCL, network users will need the following items:

- ♦ CAC reader installed at workstation
- ♦ ActiveCard Gold 3.0 software loaded
- ♦ Special 10-digit identifier installed in the Ramstein Air Base domain (this is not the six to eight-digit CAC PIN)

- ♦ Personal CAC PIN

Client Support Administrators can assist wing members with questions about requirements. People who cannot remember their CAC PIN, or have been locked out of the system, can visit a CAC PIN Reset Workstation. CPRWS locations include:

## Spangdahlem Air Base

- ♦ Building 212: 52nd Communications Squadron Network Control Center, open 24 hours
- ♦ Building 103: 52nd Logistics Readiness Squadron, Room 16
- ♦ Building 132: 52nd CS, second floor
- ♦ Building 360: 22nd Fighter Squadron, Room 3
- ♦ Building 78: 52nd Maintenance Operations Squadron, Room 102

## Bitburg Annex

- ♦ Building 67: 52nd Medical Group

Computer users should never leave their computers logged in and unattended. Securing a computer is easy. Simply remove the CAC from the reader, which automatically locks the system.



Photo by Master Sgt. Jon Hanson

## Passer by

ALI BASE, Iraq -- Senior Airman Tessa Bucy, 407th Expeditionary Security Forces Squadron, gathers base passes for workers entering the base. Airman Bucy is deployed from Spangdahlem Air Base.

Prepare to fight



Fight to win



Take care of each other





Photo by Senior Airman Eydie Sakura

## Top Saber Performer

**Name:** Tech. Sgt. La Tonya Dease

**Unit:** 52nd Fighter Wing Protocol

**Duty title:** NCOIC, Wing Protocol

**Hometown:** Bucksport, S.C.

**Years in Service:** Nine

**Nominee's contributions to 52nd FW mission success:** Sergeant Dease is a key member of the select staff that directly supports the 52nd FW Commander. She provides protocol support to Spangdahlem Air Base and geographically separated units. In addition, she plans, organizes and directs the wing commander's special events to include receptions, dinners, base tours, change-of-command ceremonies, retirement ceremonies, award ceremonies and all international relations events. She has an excellent rapport with senior officials and base agencies, ensuring successful execution of all protocol activities. Sergeant Dease coordinates the detailed executions of distinguished visitor's itineraries to include briefings, tours, lodging, transportation and escorts. She recently managed visits for the Chief Master Sgt. of the Air Force Gerald Murray, Gen. William Hobbins, U.S. Air Forces in Europe commander, and Ann Wagner, U.S. Ambassador to Luxembourg. She also coordinated the Tuskegee Airman Pilot Forum as well as the Air Force Board with more than eight general officers.

**Off-duty volunteerism and professional development pursuits:** Sergeant Dease is actively involved in her church, Truth Tabernacle House of Praise, and is in charge of the Hospitality Ministry. She is just six credit hours away from receiving her Community College of the Air Force degree in Public Health.

**What do you do for fun?** Not that I have anything against cooking, but I really really enjoy going out to eat with my husband and traveling when time allows.

**What do you like most about being stationed here?** I love sharing my experiences with my family and being stationed in Germany. It has given my mother and grandmother the opportunity to experience the culture of another country.

**What's one thing you'd like to see changed or improved at Spangdahlem AB?** Approximately two years ago I stated that I would like to see the running track here improved and now our running track is under construction. Wishes do come true ...

## SMS students read one million words

By Diana Malmgren  
Spangdahlem Middle School

Sixty seven students earned a place on the "Reading Counts Wall of Fame" and celebrated with a pizza party in the library May 24. After the pizza, the students participated in a Battle of the Books where prizes were awarded.

In order to qualify for the Wall of Fame, students in the fifth and sixth grades had to earn 200 Reading Counts points, while students in the seventh and eighth grades had to earn 250 points. This meant most students read a million words or more this year.

♦ Fifth graders who qualified were Timothy Kokotajlo, Taylor Trotter, Victoria Encalada, Victoria Bush, Evan Edgell, Alisa Tinkham, Lexi Forkner, Brittany Richards-Miller, Katharine Bridges, Brian Peine, Averi Goetz, Brandy Perry, Chloe Youtsey, Austin Waters, Kristin Nave, Rachel Housel and Jett Wright.

♦ Sixth graders were Colin Helfenstein,

Amanda Long, Brittany Reynolds, Brianna Hutson, Vanessa Benefield, Melissa Menschel, Selina Bitting, Michael Gordon, David Williams, Daniel Dorris, Ciaran McGuigan, Zach Yates, Kyle Stephens, Zack Hornback, Amber Flores, Dalton Griffith, Emily Bannister, Elizabeth Costey, Dominique White, Emily Mixon, Jonathon Dean, Rawlynn Evans, Daniel Kirk, Katherine Varnado, Briana Checkley, Desmond Elliot, Troy Lee, Alexis Nguyen, Katarina Kuja, Andrew Thomas, Cody Moser and Tabitha Carty.

♦ Seventh graders were Jeffrey Heath, Kyle Lapioli, Sven Livingston, Brandon Brizandine, Angela Jewell, Tiara Lee, Jennifer Grape, Patrick Goetz, Brenden McCormick and Jessica Shock.

♦ Eighth grade were Seth Beall, Julia Moritz, Daniel Kokotajlo, Chase Brizandine, Brittany Shock, Matt Timnak and Julie Bright.

## BMS wins big at Video Fest Awards

Bitburg Middle School's **Video Production class** wins "Best in Show" at the Department of Defense Dependents Schools-Europe Video Fest May 16 in Baumholder, Germany. Each production is a news, feature or public service segment that is part of the school's weekly closed-circuit television program, Bobcat News.

BMS's **Advancement Via Individual Determination class** took the "Best in Show" award for its drama series *AVID Crime Scene Investigators*, a series about an investigative team who use their skills of analyzing, interpreting and communicating to solve a mystery. The series was written by and stars class member **Derrell Register**.

(Information courtesy Crystal Bartels, Bitburg Middle School)

## Eifel Salutes

### 52nd Mission Support Squadron

An instamatic salute to **Airman Emily Moore** from the 52nd Communication Squadron visual information shop for stepping up to handle last-minute photography requests and assisting a fellow Airman.

### 52nd Maintenance Group

A proud Saber salute to **Master Sgt. Norman Hill** for orchestrating the F-86 static display restoration project, coming soon to a main gate near you! A tactful salute to **Tech. Sgt. Todd Rusack** for his work during a recent tactical evaluation that helped generate more than 30 sorties in a 24-hour period, and for exceeding USAFE standards for keeping equipment in top shape. Congratulations to the 372nd Training Squadron Detachment 17 quarterly award winners! Instructor of the quarter NCO: **Staff Sgt. Terance Herzog**; instructor of the quarter SNCO: **Master Sgt. Martin Symonds**; NCO of the quarter: **Tech. Sgt. Anthony Russo**; SNCO of the quarter: **Master Sgt. Theodore McNeal**; and 982nd Training Group Det. commander of the quarter: **Capt. Bill Wunschel**.



### 52nd Operations Group

An AFSA attaboy for **Airman 1st Class Dallas Smith** from the 606th Air Control Squadron for being named the Air Force Sergeants Association First-Term Airman of the Year for 2005. He will represent all AFSA chapters in Europe at the international convention in Nevada in August.

### 52nd Medical Group

An eye-opening salute to **Tech. Sgt. Luis Gonzalez** of the optometry flight for ensuring

Spang Airmen got the protective mask inserts they needed. **Staff Sgt. Breah Misho** deserves a pat on the back for ensuring more than 500 Sabers were medically prepared and briefed before deployment. Big Kudos are also in order for **Capt. Stephanie Bankston** for her hard work organizing activities during National Nurse-Tech week.

### 726th Air Mobility Squadron

Congratulations to **Tech. Sgt. Gillie Zamora** on his selection as the 721st Air Mobility Operations Group nominee for the 2005 Lance P. Sijan Award! Best of luck as he goes forward to the next level of competition.

*Kudos to all; Team Eifel salutes you!*  
(Compiled by Capt. Mike Cumberworth, 52nd Fighter Wing Public Affairs Office)



Photo by Airman Emily Moore

## Top Saber Team

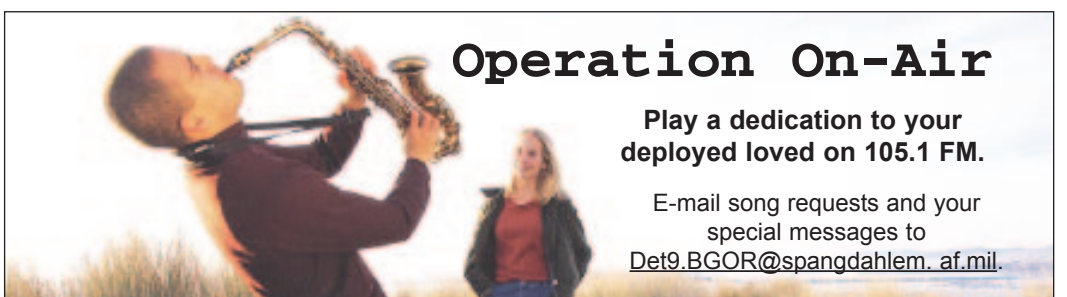
**Unit name:** 52nd Fighter Wing Chaplain Service

**A brief description of unit responsibilities:** We are a visible reminder of the Holy committed to ensuring that all assigned Airmen and their families are afforded their constitutional right to the free exercise of religion anytime and anywhere.

**Number of members:** 16 -- Not pictured are: Chaplain (Col.) John Sanders, Chaplain (Maj.) Dennis Saucier, Chaplain (Capt.) Albert Sanchez, Staff Sgt. Clarence Shuford and Ms. Birgit Schuh.

**How does the team fit into the 52nd FW mission?** The 52nd FW/HC Chapel team provides world-class chapel support to Sabers and their families through an aggressive ministry of worship, visitation, counseling and program support. We provide for and support the religious diversity of base personnel through utilization of chapel resources, base communications and advice to base leadership.

**Team's other contributions through the year?** We were selected as the Outstanding Medium-size Chapel of the Year in U.S. Air Forces in Europe for 2005, and one of our chaplains was selected to represent USAFE at the International Haus Rissen Seminar in Hamburg in 2006.



## Operation On-Air

Play a dedication to your deployed loved on 105.1 FM.

E-mail song requests and your special messages to  
[Det9.BGOR@spangdahlem.af.mil](mailto:Det9.BGOR@spangdahlem.af.mil).





Tech. Sgt. Steven Hatcher, 606th Air Control Squadron Telephone Switching Systems craftsman, hugs his son Brendon, while saying good-bye to his wife Trista and son Gabriel, before heading downrange for Air Expeditionary Force 1-2 May 14.

Samuel Faulter, son of Staff Sgt. Jeremiah Faulter, 606th ACS Satellite, Wideband and Telemetry System craftsman, waits for his father to emerge from a briefing following the return from AEF 9-10 May 21.



606th ACS family members and friends welcome home deployed troops as they arrive at Spangdahlem following a four-month deployment May 21.

## The 606th ACS Coming & Going

**Wing members prepare to head downrange, while others are reunited with family, friends**

*Photos by Staff Sgt. Corey Sharp*



(Top) Airman 1st Class Danielle Dorsman, 606th ACS Electronics Protection and Surveillance journeyman, along with deploying team members, positions mobility and personal gear to load for transport before heading downrange for AEF 1-2 May 14.



(Right) Senior Airman Michael Bartlett, 606th ACS Ground Radio Systems journeyman, is greeted by his girlfriend, Ola Tolkacheva, when returning home after AEF 9-10 May 21.



Commander's Direct Line

Cyclists entering the contractor gate

Comment: Last year, officials allowed bicyclists to ride through the contractor gate to avoid the heavy traffic of B-50 and L46 that leads to the main gate. This year I was told that the contract gate is not an authorized entry point and that the main gate must be used for entry. I addressed this issue with my first sergeant. He explained that a base official deemed it unsafe for bicycles to enter the contractor gate because of the large trucks entering the gate. I fail to see where this logic meets operational risk management standards. There are bike trails coming from most of the towns on that side of the base leading to the contractor gate. That means cyclists would only need to travel about 100 meters to be on base and in a reduced traffic area. Entering the base from the main gate means bicyclists must ride about four miles on a high-traffic, high-speed road that still has large trucks driving on it. Creating a policy allowing bicyclists to enter that gate would ensure an increase in the safety of team Eifel members as they commute to work daily.

Reply: Thanks for your question and suggestion. We looked into the risks associated with adding bicycles to the contractor gate entry list and as of May, bicyclists are permitted to enter the base using this gate. To mitigate identified risks, we implemented the following measures:

- Unit ground safety managers must provide a mandatory safety briefing to Team Eifel members planning to use the contractor gate for base entry.
- Vehicle operators must be briefed on procedures for right of way for bicycles.

Now that the weather has turned sunny, this is the perfect time to begin this important service. Thanks again for your note.

-- Col. Dave Goldfein, 52nd Fighter Wing commander

Life lessons

Persistence can lead to success when 'drive to survive' paves way

By Maj. Timothy Hess  
52nd Maintenance Operations Squadron

Failure in any endeavor doesn't have to result in the end of the pursuit of a worthwhile goal. Coupled with determination, what some people deem as failures are viewed by others only as helpful life lessons learned on the road to success.

He was born to Swiss immigrants on Oct. 8, 1890 in Columbus, Ohio, the third of eight children. In 1904, his father was killed and he had to quit school to help with the family expenses. At age 15 he became interested in automobiles. He went to work in a garage for \$4.50 a week to gain experience and used the money to pay for a course in mechanical engineering.

One day he walked into the Frayer-Miller automobile plant and found Lee Frayer. When Mr. Frayer asked him what he wanted, he said, "I just thought I'd tell you I'm coming to work here tomorrow, and you can fire me if I'm not worth something."

He quickly became the most valuable mechanic in the company. After a time, he transferred into road-testing cars for the company, and then worked his way into automobile racing. He raced in the Indy 500 three times, including the first race held in 1911.

During World War I, the prospect of combat aviation lured him to enlist in the U.S. Army. Because of his driving experience, his first assignment was as a chauffeur. He got his break when he fixed a motorcar carrying Col. Billy Mitchell, who granted him the opportunity to attend pilot training.

In April 1918 he flew his first combat mission and came back

with several shrapnel holes in his aircraft. He flew 10 weeks before shooting down his first enemy plane. During the 10 weeks he made several other critical mistakes: getting lost, shooting at the wrong aircraft and falling into German aerial ambushes.

His skills improved though, and in only six months he had 26 confirmed aerial victories. By September 1918 he assumed command of the 94th Aero Pursuit Squadron and was the first flyer to be awarded the Medal of Honor. By the end of the war he had

*"Coupled with determination, what some people deem as failures are viewed by others only as helpful life lessons learned on the road to success."*

earned the title of America's "Ace of Aces."

After the war he started his own automobile company, but it soon went bankrupt. In 1925 he created Florida Airways. A year later, a hurricane ruined the company and forced him to start over. After seven years of hard work, he became General Manager of Eastern Airlines. In 1938 he raised \$3.5 million in one month to buy the airline and become its president.

During World War II he was called upon to carry out special assignments for the Secretary of War. In October 1942 he overshoot his destination when flying a mission, ran out of fuel and crashed into the ocean. He and seven other men were stranded in a raft for 24 days before they were rescued. He lost 54 pounds and one man died. After the rescue, he rested a few days then proceeded on his original mission.

After the war, he went back to running Eastern Airlines and managed the company profitably for the next twenty years. Throughout his life, Eddie Rickenbacker was an example of how persistent people begin their success, where others end in failure.

Bob Hope's lead teaches Air Force Chief lifelong lesson

By W. Scott Hubbartt-Backus  
Retired U.S. Air Force chief master sergeant

About a decade ago, I arrived late for the weekly first sergeant council meeting hosted by our Senior Enlisted Advisor, a no-nonsense former cop. After the meeting, the chief master sergeant gave me his spiel on meeting etiquette, and then asked me if I had anything to say.

"Chief, whenever a troop knocks on my door and asks me, 'Shirt, ya got a minute?' My answer will always be, 'Yeah, come on in. I've always got time for you.' That's what happened this morning," I explained. "Before the meeting, a troop stopped by my office with a distressed look on his face and I knew he needed to talk. He was having serious marital and financial problems, and when I asked him if he was thinking of suicide he became silent. Chief, this troop immediately ratcheted up on my priority list. Just before the meeting, I dropped

him off at the chaplain's office, and I need to follow-up with him right after this meeting."

The Chief stared at me for a few seconds and then replied, "Good call." After that meeting, I made it a point of never being late for future meetings without a good reason.

During the fourteen years I served as a first sergeant, "I always have time for you" was one of my most effective lines. It often opened the door to countless impromptu counseling and mentoring sessions. I'd like to say that I came up with this philosophy by myself, but I didn't -- I learned it from the best.

On Christmas Day 1990, our airbase in Saudi Arabia was honored with a visit by the legendary Bob Hope and his traditional Christmas show. From the South Pacific, Korea, Vietnam, Lebanon and even Southwest Asia, Mr. Hope had a reputation as a generous, caring entertainer who effectively put politics

and his own safety aside to visit and entertain front-line troops.

That day, I and several senior NCOs in our unit volunteered to cover flight line operations so the junior troops could attend the show. I would have loved to have seen the show, but this seemed more important, so we missed it. Mr. Hope's aircraft was one of the planes we were charged to prepare for departure that day.

When his departure time approached I hoped to catch a glimpse of the legendary entertainer. Just as I was climbing out from under the wheel-well, the 87-year-old living legend stood only a few feet away from me. Seeing him sign several autographs I frantically searched my pockets for a scrap of paper. All I could find was a single note of Saudi currency, and shouted, "Mr. Hope! Can I have your autograph?"

By then he was on the top of the boarding

ladder. His watchful wife said, "No, Bob's very tired, and we have to be going." Before my disappointment could even register, Mr. Hope cheerfully answered, "Sure! I've always got time for you! That's why I'm here."

He then came back down the ladder, took the note and signed it. To my surprise, he put his arm over my shoulder and spoke with me with a genuine interest in me and my well-being. He told me how much he appreciated me and all the troops there. With that, he again boarded the ladder, turned, and waved.

What a terrific boost to my morale he provided. With a simple gesture he taught me all I needed to know about service before self.

The next time someone, perhaps even a stranger, asks you, "Have you got a minute?" think twice before answering. As I said earlier, I'd like to say that I came up with this philosophy, but I didn't -- I learned it from the best.



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Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.



Col. Dave Goldfein

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the Eifel Times and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	438	399	-18
23FS	405	383	-1
81FS	334	236	-81

\*Delta is contract vs. sorties flown to date.

Through May 30

Courtesy of the 52nd Operations Support Squadron  
Plans and Scheduling Section



*Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil). Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.*

## Craft fair

A craft fair featuring handmade goods takes place Saturday from 1-5 p.m. in the Bitburg Annex Community Center, building 2012.

## Stress management

The stress management class scheduled for June 5 at the Health and Wellness Center is rescheduled for June 29 from 9-11 a.m. Call 452-4295 for details.

## Community Banks info

Both Community Banks are closed Monday in observance of Whit Monday. The Bitburg Annex branch is open June 11 from noon to 4 p.m., due to monthly morning training.

## Air Force survey

The 2006 Air Force Community Assessment continues for the next four weeks. The survey offers Team Eifel members the opportunity to share their ideas for improving military community quality of life. Active-duty members selected to participate will receive an e-mail notification. All active-duty military spouses are eligible to complete the survey by visiting [www.spouseafca.survey.com](http://www.spouseafca.survey.com) and using site access code SpouseAFCA. Call Lynn Luria at 452-9491 for more information.

## Photography contest

The 2006 Arts & Crafts Center Photography Contest takes place June 12-13 at 9 a.m. in Spangdahlem AB building 189. Competition is open to U.S. ID cardholders. Color 35 millimeter prints and digital entries must be 8-by-10 inches and mounted on mat or foam board. Categories include military life,

people, nature, science and creative effects. Adult and youth finalists will be selected in each category. Call 452-6841 for more information.

## Free childcare

The next Give Parents a Break free weekend childcare day is June 9 from 6:30-11:30 p.m. at the Bitburg Annex Child Development Center. Registration deadline is Thursday at noon. Call 452-7868 for more information.

## BHS: Help wanted

Bitburg High School seeks certified secondary school teachers, clerical staff and substitute teachers for the 2006/2007 school year. Application packages are available at the school's main office. Call 452-9202 or 452-9337 for details.

## Pack 161 roundup

The Cub Scout Pack 161 Summer Roundup takes place June 13 at 6 p.m. in the Bitburg Annex movie theater. Call Kevin Rokey at 06554-9000892 or e-mail [kev\\_rokey@msn.com](mailto:kev_rokey@msn.com) for details.

## Youth reading incentive

The 2006 USAFE Summer Reading Program for school-aged youth begins June 19 at the Spangdahlem AB and Bitburg Annex Libraries. This year's theme is "Paws, Claws, Scales and Tales." Participants who reach their reading goals earn prizes and qualify to attend the Grand Finale party in August. Call 452-9055 or 452-6203 for details.

## Arts and crafts classes

For more information about the following classes, call the Arts & Crafts Center at 452-4141. Classes take place in Spangdahlem AB building 189, unless specified otherwise. Call at least one week in advance to schedule.

- ♦ Beginner's framing, June 10 from 9 a.m. to noon. Cost is \$30.
- ♦ Advanced mat cutting, June 17 from 9 a.m. to noon. Cost is \$15.

- ♦ Cake decorating, June 21 from 6-9 p.m. Cost is \$30.

- ♦ Tole painting, June 27 from 5:30-8:30 p.m. in Bitburg Annex building 2002. Also, June 29 on Spangdahlem AB. Cost is \$12, plus the cost of wood.

## Cub Scout camp

Eifel Cub Scout camp for boys going into first through fifth grade takes place June 19-23 on the Bitburg Annex soccer and baseball fields. The registration fee is \$65. E-mail [hcautrey@hotmail.com](mailto:hcautrey@hotmail.com) or call Christine Autrey at 01602-547218 for more information.

## Deployed youth camp

Registration is due Wednesday for Camp Island Lake Camp taking place Aug. 2-15 in the Pocono Mountains, Pa. The event is for youth ages 9-15. To qualify, youth must have at least one parent currently deployed or deployed within the past six months, and must submit a typed essay on the theme, "What it would mean to me to go to Camp Island Lake Camp this summer." Applications are available at the base youth centers. Call Patti Porter at 452-9206 for more information.

## Brick House events

The following events take place in June in Spangdahlem AB's Brick House located in building 124.

- ♦ Konplat jewelry Bingo, June 10 at 11 a.m.
- ♦ Musicians jam and open mic night, June 15 and 29 from 7-10 p.m.
- ♦ Karaoke night, June 23 from 9 p.m. to 1 a.m.
- ♦ Scavenger hunt, June 24 at 6 p.m. Team registration deadline is June 21.

## Legal office moving

The legal office is closed Tuesday through June 9. The office re-opens at 8 a.m. June 12 in a new location -- building 125. For emergency legal issues, call the command post at 452-6141.

# Chapel Services

## Spangdahlem AB

### Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

### Protestant

- ♦ Sunday, 10:30 a.m., traditional service
- ♦ Sunday, 1 p.m., Korean service
- ♦ Sunday, 5 p.m., Sunday Night Live service

## Bitburg Annex

### Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

### Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

GET COMIC VIEW • HBO SNIPS • SHOWTIME AT THE APOLLO • COMEDY CENTRAL • LATAPALOGGA • BREW CAFE SHOW

## THE URBAN COMEDY TOUR

FEATURING "ALMOST FAMOUS" STANDUP COMEDIANS

# URBAN COMEDY SHOW

Friday, June 9

HOSTED BY SEAN B

FEATURING DANTE CARTE

FEATURING CHARLES WALDEN

ADVANCE TICKETS ON SALE NOW!

ADVANCE TICKETS:  
\$15 Members/ \$25 Nonmembers  
DAY OF EVENT TICKETS:  
\$20 Members/ \$30 Nonmembers  
Adults 18 years and older only

Doors open at 8:30 p.m. CLUB EIFEL BALLROOM

TO MAKE A RESERVATION FOR ANY CLUB EIFEL EVENT, CALL DSN 452-4639, MONDAY-FRIDAY FROM 11 A.M.-4 P.M.



## Movies

The following movie listings are for today through June 8. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*Stay Alive* (PG-13, 7 p.m.)

Teens find "Stay Alive," a next generation horror survival videogame that they're not supposed to have and they're dying to play.

*The Sentinel* (PG-13, 9:30 p.m.)

Pete Garrison, a highly decorated Secret Service agent, is wrongly suspected of targeting the president for assassination and must prove his innocence.

Saturday

*Larry the Cable Guy* (PG-13, 7 p.m.)

Larry, a city health inspector who happily monitors greasy diners, must investigate food poisonings at the city's swankiest restaurants.

*Inside Man* (R, 9:30 p.m.)

Detective Frazier matches wits with a clever bank robber and a power broker with a hidden agenda.

Sunday

*Larry the Cable Guy* (4 p.m.)

*The Sentinel* (7 p.m.)

Monday

*Inside Man* (7 p.m.)

Tuesday

*The Sentinel* (7 p.m.)

Closed Wednesday and Thursday

### Bitburg Castle

Today

*Take the Lead* (PG-13, 7 p.m.)

A former ballroom dancer volunteers to teach dance at a New York public school. He and his students learn to work together and create a new style of dance.

*Failure to Launch* (PG-13, 9:30 p.m.)

A 30-year-old man who lives with his parents falls in love with the woman of his dreams, but suspects that she was hired by his parents.

Saturday

*Take the Lead* (7 p.m.)

*V for Vendetta* (R, 9:30 p.m.)

A young woman is rescued from death by a masked vigilante who urges his fellow citizens to rise up against the tyranny of a futuristic totalitarian Britain.

Sunday

*She's the Man* (PG-13, 4 p.m.)

Viola disguises herself as her twin brother, enrolls in his place at his boarding school and tries to break into the London music scene.

*Failure to Launch* (7 p.m.)

Closed Monday and Tuesday

Wednesday

*She's the Man* (7 p.m.)

Thursday

*V for Vendetta* (7 p.m.)

# Eifel pools weather-proof summer fun

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Team Eifel members can relax and exercise in the water throughout the summer no matter what weather Mother Nature conjures. Eifel region swim facilities typically offer indoor and outdoor pools, in addition to massage and water sports areas.

Wittlich's Vitelliusbad offers an eight-lane swimming pool with several diving boards, an activity pool with a 64-meter water slide and a waterfall, and a toddlers activity pool. The facility is open Mondays from 10 a.m. to 8 p.m., each Tuesday through Friday from 7:30 a.m. to 8 p.m. and weekends and holidays from 8 a.m. to 8 p.m. Entry costs 3 euro for adults and 1.80 euro for youth and students. For more information, call 06571-8266 or visit [www.wittlich.de/touristik/vitelliusbad/](http://www.wittlich.de/touristik/vitelliusbad/).

Bitburg's Cascade feature indoor beginner and professional swimming pools, indoor and outdoor activity pools, whirlpools, toddlers pools, indoor sunning beds and outdoor sunning areas. The indoor activities pool has two slides and produces waves at timed intervals.

Cascade's indoor pools are open each Tuesday through Friday from 10 a.m. to 10 p.m. and weekends and holidays from 9 a.m. to 10 p.m. The outdoor pools are open from 9 a.m. to 9 p.m. Adult entry prices range from 2.80 euro for one hour to 7.20 euro for a day pass. Youth entry prices range from 1.80 euro for one hour to 4.60 euro for a day pass. For more information, call 06561-96830 or visit [www.cascade-bitburg.de/](http://www.cascade-bitburg.de/).

Kylltalbad is located between the towns of Daufenbach and Kordel. The facility features a solar-heated, four-pool complex and toddlers water activity area. The facility is open Mondays from noon to 8 p.m.; Tuesdays, Thursdays and Fridays from 7 a.m. to 8 p.m.; and Wednesdays, weekends and holidays from 8 a.m. to 8 p.m. Entry costs 3 euro for adults and 1.60 euro for youth. Call 06505-1308 for more information.

Trier has two public swimming options: the Freibad Nord and Freibad Sued pools. Freibad Sued, located in Trier-South, Feyen, is the biggest pool in the region with room for up to 10,000 visi-



Photo courtesy of Cascade

**People swim and play in Cascade's indoor activity pool without worry about the weather conditions.**

tors. The facility is open weekdays from noon to 8 p.m., weekends from 10 a.m. to 6 p.m. and holidays from 10 a.m. to 8 p.m. Entry costs 2.80 euro for adults and 1.50 euro for youth age 16 and younger. Call 06513-1509 for more information.

Freibad Nord, located on Zurmaier Strasse, has a combined swimming and activity pool with diving boards and a slide. There is also a toddlers pool. The facility is open weekdays from 6 a.m. to 7:30 p.m., and weekends and holidays from 9 a.m. to 6 p.m. The entry fee is 2.80 euro for adults and 1.50 for youth ages 7 and younger. Toddlers enter for free. Call 06512-5145 for details.

Adventure Pool Schweich has a swimming and entertainment pool, a separate diving pool and three different water slides up to six meters long. There is also a group slide, an integrated whirlpool with massage nozzles, and a toddlers pool. The facility is open Mondays from 10 a.m. to 7 p.m., Tuesdays and Wednesdays from 7 a.m. to 7 p.m., and each Thursday through Sunday and holidays from 8 a.m. to 7 p.m. Entry costs 3 euro for adults and 1.70 euro for youth. Children up to age 6 get in for free. Call 06502-2497 for more information.

## Out and About

- ♦ The 9th Eifel-Marathon takes place **June 11** in Waxweiler. The 42,195-kilometer race starts at 9 a.m. It winds through forest paths, down the town's side roads, along the Pruem river to the Bitburg Stausee lake, which is the turning point. The route is of medium-difficulty. A 10-kilometer Nordic walk is also offered for non-runners. Two-person teams are accepted. Registration fee is 25 euro per person. Cash prizes of 200-100 euro will be awarded for first through third place runners. Other place runners earn medals. Free overnight lodging inside the local gymnasium or free tent camping on the sports grounds is available. Registration continues through **June 9**, but late registrations are accepted until 8 a.m. the day of the event. Call Theo Kraemer at 06558-519 or visit the German Web site at [www.eifel-marathon.de](http://www.eifel-marathon.de) for more information or to register.
- ♦ Flea markets take place **Sunday** in front of the Wittlich Extra store; along the Traben-Trarbach Mosel shore; along the Zeltingen Mosel shore; at the Piesport Moseltal hall; on Trier-West Hornstrasse, located near the Aldi market; at the Trier Koblenz Alte Viehmarkt hall; along the St. Goarshausen Rhine river promenade and in Bollendorf, located on the Luxembourg border.
- ♦ The Kluesserath street wine festival takes place **Saturday** through **Monday**. The event features wine tasting, Mosel specialties, music, entertainment and a flea market Sunday and Monday.
- ♦ The New Orleans meets Luxembourg open air festival takes place **today** through **Sunday** in Luxembourg. The event features street parades, first-class jazz performances, rhythm and blues music, choir concerts,



Fabian Ostermann

### River rhapsody

**A band entertains party guests during a springtime Mosel cruise and wine tasting. Information, Tickets and Travel offers a special night of open wine caves in Braunberg June 16 for \$55 per person. The fee includes round-trip transportation, a Mosel river cruise and wine probe, a souvenir glass and ITT escort. Call 452-6567 or visit the ITT office in Spangdahlem AB building 124 to reserve seats.**

marching bands and culinary specialties. Visit [www.ont.lu](http://www.ont.lu) for details.

- ♦ The annual Trier Europa festival takes place **today** through **Monday** at the Moselauen festival grounds, located beyond the third Mosel bridge when exiting the Autobahn. The event features amusement rides, entertainment and food.
- ♦ The 2006 Festival of European Anglophone Theatrical Societies free Fringe Festival takes place **Saturday** through **Monday** at 2 p.m. For ticket prices and other details, visit [www.feats2006.org](http://www.feats2006.org) or e-mail [info@FEATS2006.org](mailto:info@FEATS2006.org).
- ♦ See Foreigner in concert **June 21** at the Luxembourg Differdingen Centre Sportif.

Information, Tickets and Travel offers the following trips. Call 452-6567 or e-mail [52svs.itt@spangdahlem.af.mil](mailto:52svs.itt@spangdahlem.af.mil), or visit the office in Spangdahlem AB building 124 at least two weeks before events to reserve seats.

- ♦ Black Forest Express, **June 17**. Cost is \$64 for adults, \$58 for children.
- ♦ Amsterdam and Zaanse Schans, **June 17**. Cost is \$70, \$65 for children ages 3-12.
- ♦ Father's Day Rhein river cruise, dinner and wine tasting, **June 18**. Cost is \$79.
- ♦ Paris Express, **June 24**. Cost is \$115 for adults, \$100 for children ages 3-12.
- ♦ Zell Wine Fest, **June 24**. Cost is \$29 per person.



## Sports Briefs

### USAFE Volleyball results

The Ramstein Rams Men's and Women's Divisions won first place in the 2006 USAFE Volleyball Championships May 15-19 at Spangdahlem AB. The men's team won all six of six games and the women's team won five of six. Other men's team wins were: Lakenheath Eagles, four; Spangdahlem Sabers, four; Incirlik Nomads, three; Aviano Dragons, three; 501st Griffins, one. Women's team wins were: Mildenhall Marauders, four; Spangdahlem Sabers, three; 501st Griffins, two; Aviano Dragons, one. Also, Spangdahlem Sabers **Kristy Holden** and **Michaela Giancarlo** were selected for All-Tournament play.

### BHS varsity soccer update

The Bitburg High School Barons varsity soccer team tied 2-2 in its match against SHAPE May 13. Baron's **Brian Schwenneker** scored a goal in the first half on a free kick. He scored the team's second and only other goal of the game with a hard shot during the second half. Keeper **Robert Hernandez** made eight saves and SHAPE's **Phillip Border** made 10. (Contributed by Cory Barrier, BHS)

### Football camp in August

European Football Camp 2006 takes place Aug. 15-18 at Ansbach High School in Germany. The camp is open to all high school players. Registrations costs \$100 and includes a jersey, camp t-shirt, camp photo, drinks, awards, footballs, and most meals. Visit [hsfootballeurope.net](http://hsfootballeurope.net) or call Mike Laue today at 452-9393 for more information.

### Air Force sports list available

The 2006 Air Force Sports calendar is now available for viewing at [www.usafsports.com/](http://www.usafsports.com/).

### Boxing championships in Germany

The U.S. Forces Europe Boxing Championships take place June 15-18 in Wiesbaden Fitness Center on Wiesbaden Army Garrison, Germany. The competition is for active-duty military members. Rosters must be submitted to the Army Europe Sports Office before June 12. Visit [www.mwr-europe.com](http://www.mwr-europe.com) for details.

### Softball tournament in July

The USAFE Tune-Up Tournament takes place July 28-30 on Spangdahlem AB. The event is open to men's and women's teams. Registration costs \$250 per team. The event includes awards for first through third place teams, homerun derbies and coaches gold glove awards. E-mail [duane.haun@spangdahlem.af.mil](mailto:duane.haun@spangdahlem.af.mil) or call 452-6831 or e-mail [michael.lemond@spangdahlem.af.mil](mailto:michael.lemond@spangdahlem.af.mil) or call 452-6440 for details.

### Base running track closed

The Spangdahlem AB fitness center running track is closed for resurfacing now through mid-September. For the duration of the resurfacing project, the running portion of official physical training tests takes place on the Bitburg High School running track, or on the approved running tracks on the ramps between Hangars 1-2 and near the 726th Air Mobility Squadron terminal. Sabers can test on the BHS track weekdays from 6-8 a.m. and 6-8 p.m. The run test areas by Hangars 1-2 and the 726th AMS terminal are active aircraft parking areas. Running in these areas is only available by calling for prior approval. Call 452-6066 for the area near Hangars 1-2, or call Tech. Sgt. Jaime Falcon at 452-8941 for the area near the 726th AMS terminal.

### Gym floor closure notice

The Spangdahlem AB fitness center gym floor is closed Tuesday through June 17 for resurfacing.

### Martial arts classes available

♦ Practice Tai Chi Quan Mondays and Wednesdays from noon to 1 p.m. in the Spangdahlem AB Youth Center and Tuesdays and Thursdays from 6-8 p.m. in the Bitburg Annex gym. Call Klaus Van Den Boom at 452-2392 for more information.

♦ Kuk Sol Won classes take place Mondays, Wednesdays and Fridays at 6:30 p.m. at the Spangdahlem AB fitness center.

♦ Aikido classes take place Tuesdays and Thursdays at 6 p.m. at Spangdahlem AB fitness center.



Photos by 1st Lt. Shannon Collins

52nd Services Squadron player Juan Martinez takes the offensive as 52nd Maintenance Group's Brad King attempts to recover the ball during the Intramural Indoor Soccer Championship in the Spangdahlem AB Fitness Center May 18. Services claimed the base intramural indoor soccer title with a 8-5 win.



Services keeper Robert Ferguson prepares to block an attempted goal by maintenance group player Oliver Pinks.

(Below) Services player Sean Salter and maintenance group player Alberto Molina battle for possession of the ball. The maintenance group worked its way up the loser's bracket against the 606th Air Control Squadron during the playoffs with a 8-2 win.



### Aerobics class schedules

The following classes take place throughout June at the Spangdahlem AB fitness center, unless specified otherwise. Call the center at 452-6634 for more information.

Times	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.	Spinning	Spinning	Spinning	Spinning	
9 a.m.	5-for-2 aerobics	Sculpting aerobics at Bitburg	LAB aerobics	Sculpting aerobics at Bitburg	5-for-2 aerobics
11:30 a.m.	Sculpting aerobics and Spinning	Spinning	Cardio aerobics and Spinning	Spinning	Kickboxing aerobics
3:30 p.m.	Circuit training		Circuit training		Circuit training
5 p.m.	Kickboxing aerobics	Step 'n tone aerobics	Kickboxing aerobics	Step 'n tone aerobics	
5:30 p.m.	Spinning	Advanced Spinning	Advanced Spinning	Advanced Spinning	
6 p.m.		Aikido; Tai Chi at Bitburg		Aikido; Tai Chi at Bitburg	
6:30 p.m.	Kuk Sool Won		Kuk Sool Won		Kuk Sool Won

### Eifel Lanes Bowling Specials

The following events take place in Spangdahlem AB building 300. Call 452-6217 for more information.

♦ Deployed Family Day, Mondays from 10:30 a.m. to closing. Family members wearing Combat Care buttons bowl for \$1 per game.

♦ Ladies Night, Thursdays from 6 p.m. to closing. Ladies bowl for \$.50 per game.

♦ Glow and color-pin bowling, Fridays from 6 p.m. to closing. Glow bowlers play for \$2.50 per game. Color-pin bowlers win prizes for knocking down special pins for \$2.25 per game.

♦ Family Day bowling, Sundays from noon to 4 p.m. Adults bowl for \$1.75 per game and children play for \$1.50.

